

# BEVERAGES

Assorted bottle selection  
located in front cooler.

## COFFEE

- Brewed Coffee [ 2.50 ]
- Cold Brew Coffee [ 3.50 ]
- Cafe au Lait [ 2.65 ]
- Thai Iced Coffee [ 3.90 ]
- Espresso Double Shot [ 2.00 ]
- Americano [ 2.65 ]
- Cappuccino [ 2.95 ]
- Latte [ 3.65 ]
- Mocha [ 3.90 ]
- Macchiato [ 2.00 ]
- Breve [ 3.65 ]
- Coffee-To-Go [ 13.95 ]  
96 oz

## TEA

- Organic Hot Tea [ 2.50 ]
- Iced Tea [ 1.85 ]
- Chai [ 3.75 ]

## JUICE

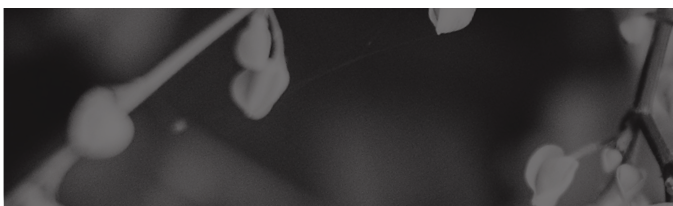
- Fresh Squeezed Orange [ 2.65 ]  
8 oz
- Fresh Squeezed Orange [ 4.50 ]  
16 oz
- Fresh Squeezed Orange [ 8.95 ]  
32 oz

# la mie

ELEVATE



5 1 5 - 2 4 3 - 1 8 3 5



601 LOCUST STREET [ DES MOINES ] IOWA



# EGGS

ORGANIC EGGS WITH GREENS,  
FRESH FRUIT AND TOAST

## Oeuf à la Coque [ 5.95 ]

two soft poached eggs served in shell

## Vegetable Scramble [ 6.95 ]

topped with avocado, tomato, onion

## Meat Scramble [ 7.95 ]

topped with avocado, tomato, onion

## Asparagus & Brie Omelette [ 7.95 ]

with whole eggs

## Spinach & Avocado Omelette [ 7.95 ]

with egg whites

## Salmon & Capers Omelette [ 7.95 ]

with egg whites

## Ham & Swiss Omelette [ 7.95 ]

with whole eggs

### BREAKFAST SANDWICH

## Avocado Toast [ 5.95 ]

micro greens, chia seeds, olive oil, citrus zest

## Sliced Egg Tartine [ 5.95 ]

hummus, roasted beets, greens, olive oil

## Avocado Croissant [ 4.95 ]

organic egg, italian provolone

## Bacon Croissant [ 5.50 ]

organic egg, american cheddar

# SALADS & SOUP

ELEVATE YOUR  
DAY WITH A SALAD

## Apple Avocado [ 6.95 ]

cranberries, almonds, carrots, feta, balsamic vinaigrette

## Beet Quinoa [ 6.95 ]

peas, radish, broccoli, sunflower greens, balsamic vinaigrette

## Mista Salad [ 6.95 ]

cucumbers, chick peas, olives, tomato, red onion, feta, red wine vinaigrette

## Warm Chèvre [ 7.50 ]

apple, roasted beets, radish, sunflower greens, sherry vinaigrette

## Salad Lyonnaise [ 7.95 ]

greens, bacon, onion, tomato, egg, crouton, warm vinaigrette

## Grilled Salmon [ 8.50 ]

greens, spinach, egg, avocado, chick peas, caesar dressing

## Caesar [ 7.95 ]

grilled chicken, shaved parmesan, croutons, anchovy, caesar dressing

## Cobb Salad [ 8.50 ]

turkey, ham, bacon, egg, tomato, cheddar, avocado, carrot, onion, caesar dressing

## Large House Salad [ 6.50 ]

spring greens, tomato, cucumber, red onion, sherry vinaigrette

### DAILY SOUP

# SANDWICHES

ADD SALAD, FRUIT, SOUP,  
OR CHIPS FOR \$1.95

## Vegetarian [ 5.95 ]

portobello, avocado, hummus, micro greens, chimichurri

## Curry Egg Salad [ 5.95 ]

cucumbers, cashew, greek yogurt, dried berries, micro greens

## Albacore Tuna Salad [ 6.75 ]

currants, carrots, almonds, avocado, mayo, greens

## Smoked Salmon [ 6.75 ]

cream cheese, tomato, red onion, capers, greens

## Tarragon Chicken Salad [ 6.25 ]

celery, cranberries, walnuts, tarragon, balsamic, mayo

## Turkey Club [ 6.25 ]

smoked bacon, aged swiss, mayo, lettuce

## French Ham [ 6.25 ]

brie, tarragon butter, dijon, lettuce

## Turkey Avocado [ 6.75 ]

chèvre, radish, cucumber, vinaigrette, greens

### HOT

## Warm Brie [ 5.95 ]

chimichurri, italian provolone

## Elevate BLT [ 6.50 ]

applewood bacon, tomato, avocado, greens, mayo

## French Dip [ 6.75 ]

roast beef, gruyere, au jus

## Italian Ham [ 6.50 ]

italian provolone, tomato, red onion, vinaigrette, greens

# GRAINS

À VOTRE SANTÉ

## Quinoa Black Bean [ 8.95 ]

roasted kale, avocado, eggs

## Green Quinoa Bowl [ 8.95 ]

asparagus, peas, broccoli, kale, chimichurri, harissa

## Salmon Wild Rice [ 9.95 ]

mushroom, kale, sweet potato, onion, lemon zest

## Chicken Wild Rice [ 9.95 ]

almonds, peas, broccoli, celery, sweet potato

## Turkey Meatball Farro [ 9.95 ]

carrot, celery, tomato, onion, garlic, parmesan

## Shrimp Farro [ 9.95 ]

green peas, kale, onion, chimichurri, parmesan

## Cup [ 3.95 ]

broth or cream based

## Bowl [ 6.95 ]

broth or cream based [ all soups are vegetable based & made from scratch ]